

UCOOK

Ostrich & Dried Fig Salad

with charred patty pans

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Nitída | Merlot

Nutritional Info	Per 100g	Per Portion
Energy	532kJ	2423kJ
Energy	127kcal	580kcal
Protein	9.9g	45.1g
Carbs	7g	34g
of which sugars	6.1g	27.8g
Fibre	1.7g	7.9g
Fat	6.4g	29.2g
of which saturated	1.7g	7.7g
Sodium	191mg	871mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Almonds
120g	240g	Patty Pans *rinse, trim & cut into bite-sized pieces*
1	1	Spring Onion *rinse, trim & finely slice, keeping the white & green parts separate*
15ml	30ml	Sweet Vinegar *(5ml [10ml] Honey & 10ml [20ml] Vinegar)*
160g	320g	Free-range Ostrich Steak
10ml	20ml	NOMU One For All Rub
40g	80g	Salad Leaves *rinse & shred*
20g	40g	Dried Figs *roughly tear*
30g	60g	Danish-style Feta *drain*
40ml	80ml	Honey Mustard Dressing

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. NUTS, VEG & SWEET VINEGAR Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil. When hot, fry the patty pans until golden, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, add the spring onion and fry until golden. Remove from the pan and place into a bowl. Season and toss with the sweet vinegar.

2. NOMU-SPICED OSTRICH Place a clean pan over medium-high heat with a drizzle of oil. Pat the ostrich dry with paper towel. When hot, sear the ostrich until browned, 2-3 minutes per side (for medium-rare). In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

3. BEAUTIFUL SALAD Just before serving, toss the salad leaves, the figs, ½ the nuts, and the feta through the spring onions and patty pans along with a drizzle of olive oil and seasoning.

4. WHAT A PLATE! Plate up the charred patty pan salad and serve alongside the ostrich. Scatter over the remaining nuts and finish off with a drizzle of the honey mustard dressing. Tuck in, Chef.